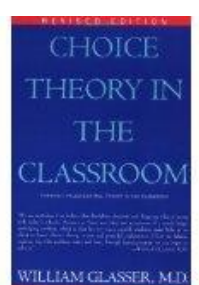
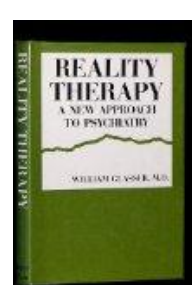
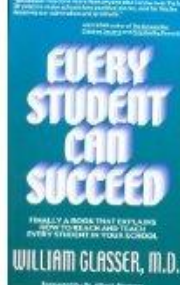
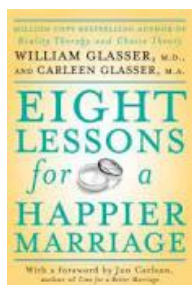
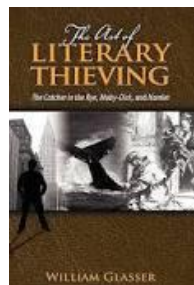
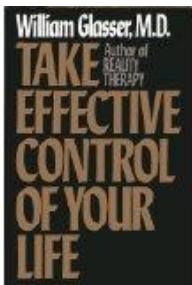
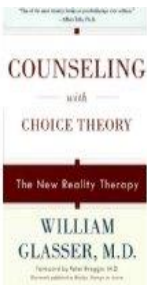
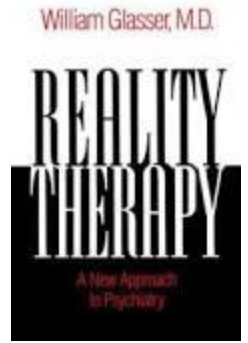
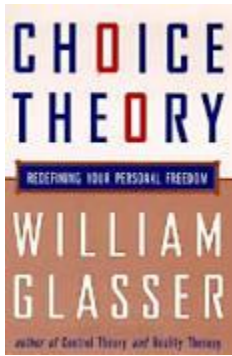
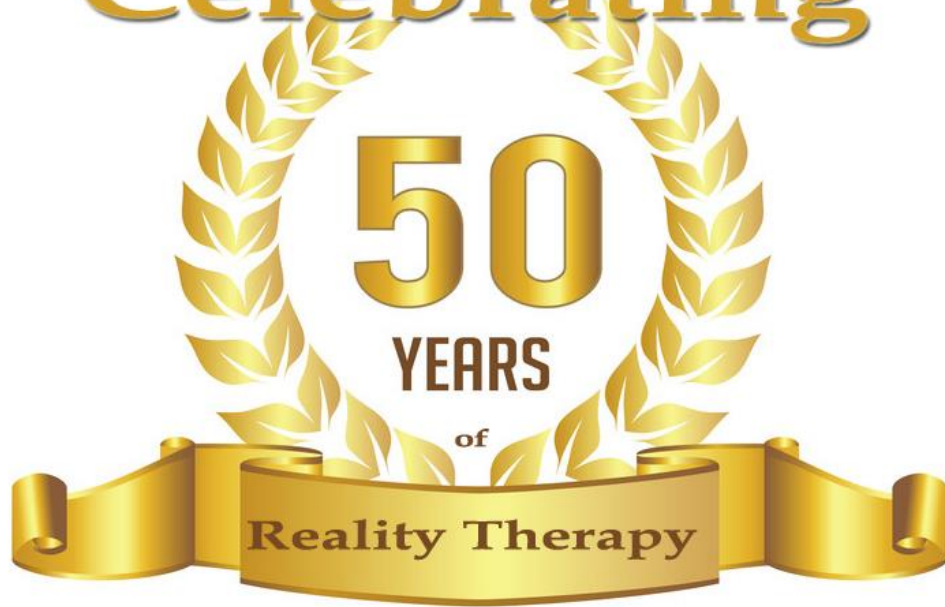
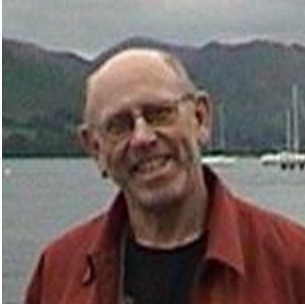


Celebrating



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News from the Chair

G'day – I'm trying to write slowly and without an accent as requested in Toronto July 2014!

Some wonderful activities are happening in the world of Choice Theory / Reality Therapy / Lead Management.

- The **Glasser Quality School** endorsement is being explored in the US, Australia, New Zealand, Croatia and Colombia to my knowledge, and probably elsewhere, as proponents of GQS's work to ameliorate the situations that arise between schools and school district governing groups, while addressing ways to unpack the rubric and build a continuing and renewable practice that will outlast one or two keen drivers. I would encourage these folks to share and learn from each other because, as well as celebrating what can be attributed to cultural differences and Glasser sameness through universal needs and wants, there will be so much that is effecting our young people through populism; social media negatives, drugs as instant mental health cures / recreational indulgence, and the ongoing blame game and time poorness.
- The **Mental Health and Happiness** team will see the number of interested and participating members increase to over 1,000 very soon. To hear of the connections being made is hugely encouraging and this work is unpaid. Many Choice Theorists contribute a large amount of unpaid work to the spread of CT/RT/LM thinking. It is quickly obvious how much more could be achieved with just a modicum of financial support. William Glasser International Board has it in mind to sponsor such short and targeted initiatives but at this stage of the financial year, when we are not running to budget it is not possible to allocate funds to initiatives that were not planned already. However here is an opportunity for anyone who can afford to contribute to assist with the work – and if you are time poor but surviving comfortably, a financial contribution would be most welcome!
- In January this year we were very close to achieving **the first \$100,000 for the Endowment Fund**. Well we are now growing beyond that figure. I hope everyone has heard of this opportunity – to ensure WGI has a strong base to be financially secure into the future. Money in and earnings are being allowed to grow so at some stage WGI will be able to run the financial year on the interest being earned – the capital not being eroded, ever. Maybe the fiftieth year of Reality Therapy can resonate as a milestone (or Kilometre mark!) and a time to contribute. Many members joining up and contributing just a little is what we think will move WGI forward.
- This year we have welcomed Boba Lojk, Dubravka Stijačić, Brian Patterson and Jean Seville Suffield to the WGI Board. As anyone in management will know or have experienced, when just one person in a team joins / leaves the whole team adjusts somewhat – well we are still adjusting and meetings already last beyond the three hour mark – and there seems to be just about enough banter, even if every now and then, we are led into a side issue ...!
- We have also farewelled Nancy Buck and Ellen Gélinas who have contributed greatly to the work and debate for many, many long conference meetings (maybe 46 or more!) and sessions in Dublin and Toronto. Well done you two! We miss your holding us to task and the firm outspokenness when you are holding forth in the many debates. Thanks.

- The Take Charge of Your Life (TCOYL) program, trialled in Toronto, is continuing to attract interest and participants. A board member reported on the success of running the program with 43 people attending! It is our hope that a good proportion of those attending a TCOYL day will seek to take on a Basic Intensive Training Course. I have heard this being spoken of as conversion. When it comes to giving out information TCOYL is excellent, however it is the conversion to a BIT that will bring income for presenters and WGI and foster firm support for CT/RT/LM learners.
- For the calendar – be good to make a note now, of the next WGI Biennial conference to be held in Seoul, Korea, 7-9 July 2016. Rose Kim and her team are well on the way with preparations.
- Recently a debate has begun – well hardly begun – about what’s in a name? When is an affiliate not an affiliate? What is an affiliate? Why do affiliate members need to belong to WGI as well? What’s an affiliate’s job and what’s WGI’s job? To further the debate and learn more about differences and similarities and needs, Kim and I will be conferencing with representatives from as many countries (affiliates?) as can join us during 2015.
- The most recent application to be an affiliate is from Russia. Congratulations to and thanks sponsor Mitch Messina as he helps Sergey Bogolepov through the process. Seems that Dr. Glasser had fans in many places.
- Over the next few months, expect to hear more about *Fifty Years of Reality Therapy*.

Just a reminder about how simple it is to make a difference. An office worker on staff where I work has attended just two 50 minute introductory sessions on CT. He caught me in the staff room one lunch time last week. “Hey Coops – my 16 year old and ex-wife were arguing something shocking last week. I gave them the question and connecting / disconnecting behaviour list and – would you believe it, they started to talk! Never would have believed it possible.”

Cheers n beers

Coops

Take Charge of Your Life Update

by Jim Mishler



This past October 2014 I launched an effort to reach a minimum of 50 people in my community by offering them the Take Charge of Your Life workshop for free. To sweeten the pie for the attendees they were given a free copy of Dr. Glasser’s book, Take Charge of Your Life along with some great “munchies” donated by my wife. I donated my time. The target of 50 people was reached on January 26.

Two questions that need to be answered are 1) “How did you do it?” and 2) “What does it mean for the future?”

By way of background the Take Charge of Your Life workshop was developed under the direction of the WGI-International Board by an all-star group of faculty members. The initial intent

of the workshop was, in part, to be a tribute to Dr. Glasser. The beta version of the workshop manual was released before the International Convention in Toronto, Canada in July 2014. At the Toronto Convention a group of faculty members put the six (6) hour workshop on to further polish the manual. The Toronto experience was designed to give the developers input as to the efficacy of the program design so that the manual could be refined for future distribution.

Before tackling the two questions above I first need to say a bit about the 50 participants that took the original offerings. They were from all walks of life! As a presenter this poses somewhat of a problem as frequently I will present to groups where I know the composition of the group (e.g. teachers or counselors, business people) well in advance and can tailor my remarks directly at what they are looking for. As a presenter I walked into a room filled with participants which I knew nothing about! The groups were as diverse as you can get in Northern Michigan. Mental health counselors were on the one side of the group while some of their clients were on the other side. In the middle were all age ranges equally mixed between males and females. There were young married couples, mature married couples, single adults, retired adults, single parents all of whom were looking for something. What my 50 participants were looking for were 50 uniquely different things.

To bring this diverse group of people together to participate in a free workshop on how to take charge of their lives required a different marketing approach. In previous experiences social media did not work that well for me as frequently I am advertising to the choir on my Face Book page which is heavily populated with members of the Choice Theory family as well as my own family. While this may be a short coming of mine, it did force the question, “how do I reach an audience in the most efficient and economical way?” My answer was to form a partnership with my local library. That part was easy since the librarian and I are good friends. I gave her the book *Take Charge of Your Life*, by Dr. Glasser which she read and was impressed. This was her first, and to that point, her only contact with Choice Theory. Forging this partnership was crucial as it gave me access to a totally different audience which reached deeper into my community. Having the tacit approval of the library also gave me credibility in the broader community that I did not previously enjoy.

With the partnership formed the next issue to be addressed under “how did we do it?” was, “how does this event get funded?” Our costs included the *Take Charge of Your Life* books, printing, advertising and the cost of some of the munchies (gotta have food). Working with the Librarian we knocked on a few doors and received some donations to underwrite the program. We did not need a lot of money since my time was donated and we used the public meeting space at the library. The corporate sponsors were crucial not only from a financial point of view but also from an approval point view. Corporate sponsors tell the consuming public that your program is acceptable and not just another “fly by night operation”. Our two biggest donors were a public utility and a local counselor in private practice. In addition we worked with Glasser Inc. (the holding company for all of Dr. Glasser’s Books) who granted us a discount on the books and supplied us with *Connecting Habits* magnets at a discount as well. For its part the library provided copies of the participant manual at no charge.

When all was said and done the three workshops broke even financially! What we gained in good will and exposure was far greater than any financial gain. It was a modest beginning.

The second question from above was, “what does this mean for the future?” There are two sub questions that need to be addressed when thinking about the future; “what role should the *Take*

Charge workshops have in the overall schema of WGI and WGI US?” and “is there a way for it to be financially viable?”

The role of the Take Charge Workshops in the future should be one of a Gateway to Choice Theory. In the past we had Dr. Glasser who would go out and spread the word by introducing Choice Theory to the world. Faculty members would follow his lead by taking those who were interested to a deeper and more meaningful understanding of CT. In his absence something must fill the void; there must be a vehicle whereby the world can be (re)introduced to CT. My experience with the Take Charge Workshop is that this can, in part, fill the void left by Dr. Glasser’s passing. As I finish this paragraph I am struck by both its profoundness and its shortness. Teaching the world Choice Theory requires building a new audience.

On a much more obvious level the TCOYL workshops open an opportunity for WGI (the international board which owns the copyright on the workshop itself) to generate an income to support its activities. Paying a royalty fee of 10% on the profit made is not only fair but also contributes to every faculty member’s success in the future.

To date I cannot say that doing the initial three workshops has brought me any other business or financial gain nor has it generated an income for WGI. Those were not the reasons for my initial efforts. My initial purpose was to provide the workshop as a tribute to Dr. Glasser and his legacy, in that context making money and lining up more business seemed out of line. That being said there is a business aspect to this project that needs to be addressed. As I like to joke, “My creditors like it when I am bringing in money to pay them.” Looking at the above experience a model has emerged that could be profitable template for anyone willing to undertake the venture.

The model includes the following:

Find a partner!!!! It can be Library, community group (Lions, Kiwanis), Church, mental health organization, hospital or any group that has a degree of high visibility and respect in your community. This will give you access to their audience for marketing as well as an entry level of credibility.

Identify sources of sponsorship. The possibilities are endless and you do not need huge amounts of money from any one sponsor. This requires that you know what your expenses will be including your fee. Sponsorship is just as critical as your partner since it sends the message that you are recognized as part of the greater community.

Once you have addressed #'s 1 and 2 you can GIVE THE WORKSHOP AWAY FREE to the participants! This is part of our mission to “teach world choice theory.”

This is a simple plan that requires some foot work and relationship building but which can provide potential benefit down the road. There are several areas that need to be developed but are outside the parameters of this article.

As a final word, the Library and I have entered into a longer term agreement to give away the workshop for free to 500 participants. We will be using the above model sharing our mutual resources to line up sponsors. In the end, the library, WGI and I will benefit financially from the arrangement. Our plan is a bit more elaborate than the 3 points outlined above as we are looking at expanding our geography beyond our immediate community to reach out to a several county

region in Mid-Northern Michigan. We have identified our costs and have established a per-person cost which will be the focus of our fundraising campaign. Our goal and time line is ambitious but achievable.

If you would like more information on our project you may contact me at either www.woodviewlearning.com or mishlerjames@sbcglobal.net.

CT and Golf

by **Bryan Zeman**

I don't know how many people noticed but my guess is that if you pay attention to the golf world and are involved in Choice Theory you would have simply shaken your head at the interviews and reports from Gleneagles.

The Ryder Cup result is a good illustration of how imbedded Stimulus-Response is as the operating system of belief in people around the world. The fault for less than hoped for results belongs to what someone else did or didn't do, not in how individuals chose to apply their skills.

The American team lost to the European team. They were outplayed when and where it mattered. Later Phil Michelson told the media about how Tom Watson didn't motivate the players, didn't invest them, or organize them into "pods" so they could come together and win like they did a few years ago. Watson on the other hand apparently thought that berating the team for their poor play would somehow motivate them to better performances. The Europeans said they had fun (a basic need) and the whole result was they won and the US didn't.

I read quite a few articles media people wrote about these events in particular and the outcome of the Ryder Cup in general. There were a lot of opinions. No one mentioned or challenged the belief system on which the problems actually rested. No one questioned the fundamental flaw in how a Cause and Effect system cannot result in anything different unless the system is examined and changed to reflect how we really behave.

Choice Theory is based on a few fundamental concepts that are significantly different from this type of thinking. Glasser explained how we are all internally motivated and behave as we do for our own reasons. (Each of the team played his game as he saw fit based on his own perception and skill level at that time.) He showed how the only behaviour we can control is our own. (No amount of cajoling, insulting, yelling, or even enthusing will change anyone's behavior without their choosing to behave differently.)

In a Choice Theory world, the players would say they volunteered to be there and how they played was their doing. The Captain would know that no amount of external verbalizing would motivate anyone to want to do or play differently than they already did. In a LEAD management system they would have worked together to see how they might maximize their individual and collective talents to challenge their European opponents, knowing fully that players who played better would generally win in the various partnerships and competitions.

The whole affair shows how much work we still have left to do to “teach Choice Theory to the world”.

Synergy: Making CT Even Better

Dr. Beverly LaFond invited a CT/RT panel to discuss: **Effective Methods for At-Risk Youth, Teen Parents, and Prisoners** – and the synergies with CT/RTC at our recent Toronto conference. On the panel, in addition to Dr. LaFond, were Peter Driscoll, Dr. Nancy Buck, Miranda Galbreath, and Frank Ferguson.

Ferguson, Board advisor to the Lionheart Foundation (www.lionheart.org), and for more than 30 years a deep admirer and evangelist of Dr. Glasser and CT/RT proposed the panel discussion of CT synergies with Lionheart’s three programs of emotional intelligence and emotional regulation for highly at-risk teens and prison inmates:

- **POWER SOURCE – Taking Control of Your Life**
- **POWER SOURCE PARENTING – Growing Up Strong & Raising Healthy Kids**
- **HOUSES of HEALING – A Prisoner’s Guide to Inner Power & Freedom**

For more than twenty years the Lionheart Foundation has been developing and promoting these three research-based programs of emotional intelligence and emotional regulation for those highly at-risk.

The panel considered the synergy that extends the power of CT/RT: Total Behavior specifies two aspects of behavior over which we have total control: thinking and doing. The “P” in Dr. Robert Wubbolding’s WDEP is “Planning.” Lionheart’s three programs provide concrete, research-based techniques for highly at-risk teens and inmates that teach and implement “how to” tools for thinking, planning and doing.

POWER SOURCE teaches teens the powerful concept of ‘trigger events’ that lead to risky behavior and teaches specific techniques for recognizing trigger events and “increasing the time gap” between a trigger and risky behavior: increasing the ‘gap’ lowers the risk of risky behavior. The POWER SOURCE mnemonic for that is: Pause, Breathe, and Choose.

Teens in Power Source programs learn to recognize a ‘trigger,’ then to stop/pause instantly, and then to do a modified form of meditation: taking five slow, deep breaths. Then, having calmed down from the trigger event, teens may choose a less risky behavior. Simple. Powerful. And it works! Lionheart’s methods are firmly rooted in the science of emotional regulation.

CT provides the over-arching conceptual framework of the genetic needs (Security, Connecting, Power, Freedom, Fun), Total Behavior, inner direction and deliberate planning, within which Lionheart’s powerful methods of emotional intelligence and emotional regulation are finely tuned to the particular needs of inmates, at-risk teens, and teens who are parents.

In addition to their books, facilitators' guides, the Lionheart Foundation has a series of videos both for training facilitators and session facilitation videos in which at-risk inmates and teens model the discussion of specific topics.

If your commitment is evangelism of CT and implementation of CT/RTC programs, you may find Lionheart's materials synergistic and helpful in that mission. More at: www.Lionheart.org

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In Memory of Tom Smith

It was with a great sense of sadness to hear that our friend, colleague, and mentor, Tom Smith, died on December 7, 2014 at the age of 84. Sharon, Tom's wife, reports he was fairly content until he recently began to experience extreme pain. She went on to say, "with the help of the Pikes Peak Hospice team we were able to get it under control and make him comfortable. He had the love and support of lots of family and friends throughout his journey."

Tom will be greatly missed by all members of the William Glasser Institute for his many years of productive service as Mountain States Regional representative to the WGI Advisory Board and for his worldwide influence as a WGI Senior Faculty Member. I was privileged to know and work with Tom for over 30 years. I knew him as an honest, forthright, caring man with a desire to serve the CT/RT community to the best of his ability. His influence will remain with me forever.

A few other remembrances from members of the Mountain States Region Board which sum up the appreciation of many: Amy Hartman remembers Tom as "... a good trainer, and more than anything, he knew how to spark interest and passion for CT/RT. ... a kind hearted man who served so many individuals, addressing behavioral health issues and making connections." Molly Merry wrote, "He had a quiet, intuitive persona that exemplified CT/RT. He not only took the time to teach, he was also learning about us which was evident in his feedback which had a depth of insight into our individual style. Through Tom I learned to look deeper and listen with more than my ears."

Jerry Noel wrote, "The biggest things I'd like to say about Tom is that he seemed to me to be very loyal and honest and no matter whether you agreed with him or not, you always knew where he stood." Nancy Buck recalls Tom as "an Honorable and thoughtful man. Often we would stand on opposite sides of thoughts, ideas or positions. I always appreciated his willingness to work with me so that we each understood the other's point of view and position, most often resulting in us agreeing to disagree. He is missed."

Sharon is asking those who would like to make memorial donations to do so through the Wounded Warrior Project (www.woundedwarriorproject.org/Donate) or to Pikes Peak Hospice Foundation (2550 Tenderfoot Hill S., Colorado Springs, CO 80906).

In celebration of Tom's life and accomplishments,

Frank Dunn, 12/15/14

Remembering FitzGeorge Peters

I met FitzGeorge in the mid 1960's when he lived in New York working with drug offenders. He, along with Alex Bassin and Sam Buchholtz, became enamored with Reality Therapy and Bill Glasser. FitzGeorge, however, took his learning and excitement to another level. He drove to Los Angeles to be closer to Bill and RT. He made Los Angeles his new home and never looked back.



It was in Los Angeles that I had the chance to spend significant time with FitzGeorge when he became my instructor as I learned and applied RT. He challenged us as individuals while we honed our learning and successful application of RT. FitzGeorge became an associate of the Institute, and a senior faculty member, traveling widely teaching RT and later Choice Theory.

I remember FitzGeorge as a strong, humble, confident and unassuming leader with an infectious laugh and a welcoming smile. Those who never met him will certainly remember his infamous video role play with Bill Glasser which was widely used in the institute training program. FitzGeorge played a criminal offender with street smarts who tried every trick in the book to outwit Bill Glasser, the counselor. There was no clear winner but it became a classic in RT annals. It demonstrated RT clearly but with realism, humor and exceptional role playing.

Jill Morris said it well: "FitzGeorge always spoke well of others and lived his vision to be kind to all. He brought joy to every situation with an open heart, good humor and a joy for learning and connecting with diverse people and ideas. FitzGeorge had a light that shone through his eyes and big heart."

FitzGeorge and Lura were inseparable and he always spoke lovingly of her. Whenever we met we tried to be sure to sit together to catch up on our lives and families. We mourn the loss of our friend and colleague and offer our sincerest condolences.

Al Katz, on behalf of the worldwide William Glasser International community

Those who wish to honor the memory of FitzGeorge Peters are encouraged to make a donation to the William Glasser International Endowment Fund.

<http://www.wglasserinternational.org/wgi/endowment-fund/>

Member Contributions

The Likely Cause of Addiction Has Been Discovered, and It Is Not What You Think

Submitted by Scott D'Alterio

It is now one hundred years since drugs were first banned—and all through this long century of waging war on drugs, we have been told a story about addiction by our teachers and by our governments. This story is so deeply ingrained in our minds that we take it for granted. It seems obvious. It seems manifestly true. Until I set off three and a half years ago on a 30,000-mile journey for my new book, *Chasing The Scream: The First And Last Days of the War on Drugs*, to figure out what is really driving the drug war, I believed it too. But what I learned on the road is that almost everything we have been told about addiction is wrong -- and there is a very different story waiting for us, if only we are ready to hear it.

If we truly absorb this new story, we will have to change a lot more than the drug war. We will have to change ourselves.

Read more... http://www.huffingtonpost.com/johann-hari/the-real-cause-of-addicti_b_6506936.html

Needed in School: 140 Characters

Submitted by Kim Olver

Many of our schools have become dry, lifeless places. Joy and spirited emotions have been replaced by fear, generated by masters from afar. These remote overseers -- politicians, policy makers, test prep executives -- have decided that tests and numbers and drills and worksheets and threats and ultimatums will somehow improve the learning process. The engine that fuels this nefarious agenda is the imposition of mandatory testing, an initiative that insults teachers and students, and sucks the life out of our schools.

What's more, this system of tests is invalid on its face.

Read more: http://www.huffingtonpost.com/arnold-dodge/needed-in-school-140-characters_b_6789218.html?fb_action_ids=10204598787663554&fb_action_types=og.comments

Masters of Love

Submitted by Christine Zeigler

Every day in June, the most popular wedding month of the year, about 13,000 American couples will say "I do," committing to a lifelong relationship that will be full of friendship, joy, and love that will carry them forward to their final days on this earth.

Except, of course, it doesn't work out that way for most people. The majority of marriages fail, either ending in divorce and separation or devolving into bitterness and dysfunction. Of all the people who get married, only three in ten remain in healthy, happy marriages, as psychologist Ty Tashiro points out in his book *The Science of Happily Ever After*, which was published earlier this year.

Chronic Pain: Opportunity or Disaster?

By Swami Kalikamurti Saraswati Suich

Glasser states that there are three reasons people behave: to avoid pain, for respect or reward and for respect of self. When working with people with Chronic Pain I start with the premise that people are instinctively trying to avoid more pain.

Pain is one of our basic relationships with our experiences. It is a physical sensation, a tangible emotion, a mental edge that challenges our spirit and life force on all levels. It is an experience that can redefine all actions of the sufferer.

Traditionally, we human beings seek to stay away, control, minimise, and anesthetise pain. For example, pain experienced physically, can be something to become scared of or to overcome. When pain is emotional, it can be something to be justified or controlled; when mental, we can experience it as rumination; when spiritual, feelings of loss and being severed from source. Fundamentally, as human beings in modern day society, we do anything to get away from pain.

In Western medical technology, chronic pain is perceived as treatable, but unfixable. It is anticipated that the client may learn to manage the pain, or that with medication the pain may be minimised.

“In Western culture, distraction or anesthesia are generally used by people to cope with pain. The process is only effective for a while before the resistance to pain wears out.” (Texas Tech University, 1998)

In Choice Theory, pain signals the gap between the Perceived World and the Quality World. From a Yogic perspective, pain is understood as the separation between the mind and body and or, the soul or spirit; between heart and soul. In fact any separation between the true self or “Atma” (the individual soul, spirit or self) and our perceived or lived self is experienced as pain.

In working as professional helper and in the clients’ own healing practices, it is fundamental to understand that it is the relationship with self and the relationship with pain wherein lays the opportunity for change and healing. Is this experience going to be a disaster or an opportunity?

If we can show our clients different methods from the ones they are using, they will have opportunities to stop going round and round, and we will be supporting them to move off the roundabout, and on to the road to healing.

To work with people with Chronic Pain it is vital to understand that pain has a life of its own so to speak. It is magnetic, it attracts, and it accumulates and is cumulative. Pain is limiting of movement, energy and eventually possibility.

Physical pain is the body’s warning system that something is wrong; our experience and management of it is mental and emotional. Pain can begin as a protective response; however, rapidly turn into a jail sentence so that ultimately people with Chronic Pain, pain about experiencing pain.

Healing Chronic Pain

For an individual to be able to heal a Chronic Pain injury they must have the knowledge and the willpower to heal, courage and the willingness or ability to develop skills. The individual also must have the faith and support of care providers who seek the same outcomes.

I believe exploring the client’s Quality World picture is the essential first step, because this is the basis of the comparison they are making. How am I experiencing life and how do I want to experience it?

Current pain management techniques often concentrate on assisting the client to be more realistic, or to downgrade their expectations; to give up things they love. While this can be useful in the short term, in the long term it adds to the pain the sufferer is experiencing. Not only do they have physical pain, they also have pain of loss of their life, their hopes and dreams, even being able to do simple movements.

Focusing on the Quality World picture allows people to reinvent their goals, hopes and dreams that are still congruent with this picture. It allows them to change the pictures on the scale.

Yogic Practices

The word Yoga means union. This can be union of the mind and the body; union of the body and emotion, union of the mind and spirit and so on. Union does not mean absence of stimulus, nor necessarily does it mean harmony. For example, it is possible to be in union with self while experiencing two conflicting experiences simultaneously: extreme pain and extreme joy. The aim of Yoga is the experience of one-ness or unity with your inner being. It is the process of dissolving the duality of the mind and matter.

“One of the aims of yoga is freedom from individual and/or rigid patterns of pain perception.”
(Nespor, 1989)

I offer four techniques from Yoga that I combine with CTRTLM when working with clients or when I run training for professionals or workshops for people experiencing CP

1. Developing a relationship with self

The witness or observer (Drashta) by its lack of involvement is always compassionate, loving and at peace. By developing this aspect we automatically move towards harmony.

This is the practice of understanding and developing the capacities of awareness. It is the unengaged, unemotive, simple observation of experience, of body, of mind and of emotion.

2. Teaching about Yoga and Organised Behaviour

From a yogic perspective organised behaviour is understood at a cellular level. Each cell is in constant motion and has an optimum vibration. The techniques of Yoga, such as gentle asanas or postures, assist the cells to remember the vibration of wellness or harmony and to sustain this.

3. Yoga Nidra/relaxation

This practice is much deeper than relaxation. It includes practices of sense withdrawal, rotation of body awareness, conscious physical and mental relaxation, plus a resolve or Sankalpa. I describe the practice to people this way: “Simply lie down and evolve” because it is safe, easy, and people can’t get it wrong. There is no right and wrong.

4. Sankalpa - the ultimate Quality World

The sankalpa is the “resolve; willpower, determination or conviction”. (Swami Satyananda, 1994)

The sankalpa, when practiced at the beginning and end of yoga nidra, allows a continual move towards a platinum Quality World as eventually everything is consciously or unconsciously measured against it.

This is the process of defining the intent of your Quality World picture. For example, an affirmation for someone with Chronic Pain might be: “I resolve or affirm to live pain free”. However there is no pain in the Quality World so a Sankalpa would also include the underlying intent of the personality, needs analysis and life goals, for example: “I now resolve to live freely”. Each time the Sankalpa is repeated the mind measures all behaviour against this resolve and so progression takes place incrementally.

Dr Glasser said that with more awareness we have more choices. Behaviour is purposeful; we behave to prove our beliefs. If we can assist people with Chronic Pain to combine their current medical regimes with a purposeful journey of opportunity, we can assist them to live beyond Chronic Pain initially and hopefully in the longer term assist them to be pain free mentally and emotionally, if not physically.

Kalikamurti is a faculty member of WGIA, an accredited mental health counsellor with 30 years private practice experience. She has significant experience in the field of Chronic Pain, Mental Health and Rehabilitation. Kalikamurti combines her counselling expertise with a firm basis in yoga psychology, a 5000-year-old understanding of how the mind works. Kalikamurti is a partner in Centred in Choice, which creates resources to assist people in taking charge of life. Kalikamurti has lived through and healed a Chronic Pain injury.

www.centredinchoice.com

Take Charge workshops in action in rural South Australia

An interview with Sue Berry

Take Charge of Your Life is offered by the William Glasser International as a tribute to Dr. William Glasser for his generous and life-long contributions to the preservation of human choice leading to mental health and wellness for all people around the world. Dr Glasser’s life was dedicated to sharing internal control psychology Choice Theory with all of those who search for happiness.

The idea for the Take Charge tribute was developed by members of the William Glasser International Board in Dublin in 2013. Ellen B. Gélinas, Nancy Buck, Juan Pablo Aljure, Nancy Herrick, John Brickell and Brian Lennon were part of the initial group discussion along with other members of the Program Committee of William Glasser International.

In March 2014 Nancy Herrick created the workshop format and design. She was joined by WGI Board members Bette Blance, Ellen Gelinias and Janet Fain Morgan to complete a Participant Manual, Facilitators Guide and sample PowerPoints.

Ideas for activities have come from people within the Glasser Community around the world and the finished material was released to WGI Faculty interested in facilitating the workshop on January 1, 2015.

Bette Blance interviews Sue Berry, one of the people who is taking part in the mentoring pilot to become an accredited facilitator of *the Take Charge of Your Life*.

Your organisation is sponsoring the new Take Charge of Your Life workshop. How did this come about?

To celebrate World Mental Health Day on October 10th 2014, a group of local women organised a Gala Ball to raise money to support a project they had named the Eyre Peninsula Mental Wellbeing Program. The leaders of this group were two young women who had both experienced mental illness. Their focus was to promote community education focused on raising awareness of ways of staying mentally healthy, and they also wanted to create an up-to-date directory of services in the local areas.

We are in rural South Australia. Kirsty and Penny are from small country towns within 80 km of the larger city of Port Lincoln where I live. I work as a family and youth counsellor for a local, independent, youth focused service which encompasses homelessness support, youth programs and case management support and a social enterprise. Because we are very active and well known in the community the women chose our organisation to be involved with the project.

The group also recruited the support of the local Rotary International Club and also the community banks in the area. The Gala Ball raised an amazing \$24,000! This reflected a very strong community response to the issue of mental health. All the money raised will be used to run Take Charge of Your Life courses in the 3 local centres and to create the services directory. I feel very privileged to be trusted with the task of presenting this mental health education and delighted that the Glasser Tribute workshop material had been made available because it fits perfectly as a starting point. I am a former teacher, Reality Therapy counsellor and a Practicum Supervisor with the William Glasser International, and have been actively looking for an opportunity to run the Take Charge workshop.

In promoting your workshop what steps did you take so the general public might be drawn in?

The Gala Ball was wonderful for advertising! Kirsty and her group used Facebook to promote the event and word of mouth works well in country communities. After the Ball we held a forum in each of the 3 communities to allow people to give some voice to their concerns around mental health and to explain what we would be offering. We had about 20 attend each one. The Port Lincoln forum was well attended by local mental health professionals – which was interesting. I gave a short PowerPoint presentation describing the content of the Take Charge of Your Life workshop and we took contact details from interested people. Kirsty has contacted everyone with information of the dates of the courses in February and March. She has also written a newsletter distributed across the local community services organisations, but the focus remains on the Facebook page *Eyre Peninsula Mental Wellbeing Program*, where we are actively advertising the sessions.

I offered to run an extra workshop for a few staff from work and the women in the group so that they know what the program is about! This will be a whole day one on Sunday 11th January. The other workshops will be 3 sessions of 2 hours.

We have also used interviews on the local radio station and the local newspaper to promote the workshop. We already have a good relationship with a local reporter and have had great coverage for the whole thing. This has also led to some news coverage on local television. It has been very inspiring to see these young people work so hard.

What makes this workshop important in the field of mental health?

When I talk about mental health, I am not talking about mental illness, I mean mental well-being. So the first point is that the focus of the course is on wellbeing. It provides a starting point for those wishing to take responsibility for their own mental wellbeing. I have observed in my counselling practice a growing number of such people.

Secondly, the workshop is important because there is a lack of resources with a comprehensive theoretical base for actually teaching about good mental health. There are readily available tips and suggestions for good practice; the mindfulness literature is very helpful and the growing information from the ‘neuroscience of happiness’. This is all very interesting and can be helpful, but the information is not provided in a workshop format for teaching and engaging people through connecting and learning together.

Thirdly it is important because it provides through its design, the opportunity for self-evaluation. This process has the potential to challenge each person’s current perceptions of, for example, what motivates behaviour, the function of emotions, what good mental health involves - and therefore to change ‘Quality World pictures’ for participants. And, to quote Dr Glasser,

“When we change important pictures we change our lives.”

As a WGI Board Program Development Committee member I have been piloting a mentoring course for those who are not instructors, including CTRTC and Practicum Supervisors. As one of the people being mentored to facilitate this workshop what do you like about the material?

I like the way the workshop provides an overview of Choice Theory in a succinct format. I really appreciate being able to make choices from a range of activities, but also to have the structure and learning objectives set. I like the interactive model of learning that the course is based on – with an emphasis on participants being actively involved and the opportunity for self-evaluation that provides.

Particularly because I live in a geographically isolated area, I am really appreciating the opportunity for online mentoring with Bette and connecting with the others in our group in Australia. It is always useful to hear the perspectives and ideas of others. Working through the mentoring process has helped me to focus in detail on my preparation for the workshop and so feel more confident. It’s helpful to know I have support to have a go at the workshop and someone to help me self-evaluate afterwards.

Once you are an accredited facilitator do you plan to do more of these workshops?

As I am not planning to continue training with the William Glasser International to become a Basic Training Instructor, this workshop provides the opportunity I have been looking for to make my contribution to the continuation of Bill Glasser’s work – to offer others the learning for which I have been very grateful in my own life.

Thank you Sue. Your creativity in preparing for your own workshop is inspirational. Your PowerPoint that promotes the Take Charge of Your Life workshop has been uploaded as an example on the WGI website for other wanting to use it. I look forward to seeing the results as we continue our work in Australia to bring people an understanding of Dr Glasser's life long work.

For those people wishing to be mentored through the process of becoming an accredited Take Charge of Your Life facilitator, you can approach a WGI faculty member who has facilitated at least one Take Charge workshop to be your mentor. Names of these people can be found on the WGI website. Together you can choose a way, either face to face or in real time online, to work through the process to become a registered facilitator. For more information you can contact the workshop development team through kim@wglasserinternational.org

Business Choice Theory Proficiency Test in Japan

Supervised by Masaki Kakitani

In Japan, the importance of mental health care in workplace has begun to be emphasized. The companies with more than 50 employees will be required to carry out a kind of stress check test from December 2015. The companies have to provide their own employees with the opportunity to take the test. But it is not compulsory for the employees to take the test. We Achievement Corp. think of this trend as a big opportunity to draw much more attention to Choice Theory. Therefore we created and introduced "Business Choice Theory Proficiency Test" in 2014.

This proficiency test covers the knowledge of Choice Theory and the ability to apply the knowledge to practice. The test has four levels or grades. The third grade, the second grade, the pre-first grade and the first grade in order of easiness. We have already given the test three times in the major cities, such as Tokyo, Osaka and Fukuoka. The total number of participants so far is 505 and the percentage of those who passed the test is about 70%.



The purpose of the proficiency test

The purpose of the test is to promote Choice Theory, Reality Therapy and Lead Management. We encourage the examinees to learn Choice Theory and to apply it to business as well as to their own family lives. Some people may take the test after reading the books. Others may take the test after participating the Basic Training. In either case they are encourage to learn Choice theory.

The structure of the proficiency test

Level 3 is aimed at fresh employees and is held twice a year.

Level 2 is aimed at those who are in the position of the chief or the manager of a section. This level will be held in May 31st, 2015.

Level pre-1 is aimed at those who are in the position of middle / senior manager. The test of this level is not scheduled yet.

Level 1 is aimed at those who are in the position of President or CEO. This level is not scheduled yet.

Sample questions

These questions below are sample questions from actual test.

Read the sentences below and answer questions.



Those who fail to get a good result in business scenes have a tendency to attribute a cause of their failure to [1]something other than themselves. On the other hand, those who are successful in business have a clear understanding of what they can control and what they cannot. According to Choice Theory, [3]we are responsible for satisfying our own needs. Every single thing outside ourselves is just [2]. It is up to us what behavior we would choose after we get the [2].

Q1. Give three examples of the cause of “something other than themselves” on the Line [1].

Q2. A word is missing in the space [2]. Put the best word to complete the sentence.

Q3. According to the line [3], you might experience some kind of the external control by someone else in your work place. Describe an example situation which you actually experienced and how you managed the stress.

Answers

Q1. Environment, parents, colleagues, economic condition, boss or manager etc.

Q2. Information.

Q3. As a example: I have a fellow worker who is critical to me. When I get the criticism, I would say to myself “This is the time for me to grow.” I would be grateful for his words.

*Q1 and Q2 check the understanding of Choice Theory and Q3 is related to the application of Choice Theory.

Written by ACHIEVEMENT Corporation.

New Certifications

Tehran

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Shahla Haddady
Afsaneh Alizadeh Asli
Mina Salimi
Motjaba Nourani
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Leila Azizi
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Parisa Rahmani
Mahdi Safaeian
Amir Abbaszadeh
Mehri Parirokh
Fateme hSahebi
Zahra Kiaee

Practicum Supervisor

Kuala Lumpur

Jegathevi Jegathesan

Basic Instructor

Phillipines

Nino Jose Mateo

Upcoming Conferences



The William Glasser Institute Australia
1 – 3 October 2015



2016 R.T. International Conference in Korea
7-9 July, 2016